

Beef Crumbles-Spaghetti

NO IMAGE

Servings:	32.00	Category:	Entree
Serving Size:	2.44 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46363
School:	Walton-Verona Early Childhood Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD IQF	1 Package	Basic Preparation Place sealed bag in a steamer or in boiling water. Heat approximately 30 minutes or until product reaches serving temperature.	661940

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.049
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 2.44 Ounce

Amount Per Serving	
Calories	163.93
Fat	12.09g
Saturated Fat	4.61g
Trans Fat	0.74g
Cholesterol	43.03mg
Sodium	176.33mg
Carbohydrates	1.02g
Fiber	0.72g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	12.81g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 30.74mg	Iron 1.48mg

Nutrition - Per 100g

Calories	236.99
Fat	17.48g
Saturated Fat	6.67g
Trans Fat	1.07g
Cholesterol	62.21mg
Sodium	254.92mg
Carbohydrates	1.48g
Fiber	1.04g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	18.52g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 44.44mg	Iron 2.13mg